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Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Tacit

Understood without being openly expressed.

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Yoga Instructor Angela Jamison and her teacher assistants Christine Baker and Kristen Drozdowski. Photo taken by Hilary Nichols. Read the article on page 6.

The spring issue of *The CW Journal* available now!

The Crazy Wisdom Community Journal

issue 89

Features

- Judy Ramsey Shamanic Practitioner & Animal Communicator
- Book Suey
- The Schvitz Health Club
- Ashtanga Yoga
- Activities for Balancing Kid's Chakras . ..and more!

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YOUR COMPASSIONATE SUPPORT GUIDE

Ellen M. Craine

I believe that grief is a deeply personal journey, as unique as the individual experiencing it. Grief is a reaction we all experience to a loss, heartbreak, difficult diagnoses, and life transitions. Grief is often misunderstood as "simply" sadness or depression, or a period of mourning; it is much more than that. It is also a process of self discovery through exploring a wide range of emotions and experiences. My goal is to guide you and support you on your journey with compassion.

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Sense & Awareness

"Be like the earth. When the rain comes, the earth simply opens up to the rain and soaks it all in." — Thich Nhat Hanh

I awoke to the gentle sound of raindrops on tent fabric, and I felt drawn to step outside. My girls were still asleep, so I quietly stepped into the cool rain. I lifted my face and arms into the falling droplets, and I felt grounded and refreshed. I was standing barefoot, toes in the wet earth, stretching and breathing.

I basked in the incredible scents hovering in the air: bush honeysuckle, hyacinth, and lilac all wafted amongst earthy petrichor.

Suddenly, I was compelled to move forward a bit, just past some trees. I followed my curiosity, stepping softly as cool mud squished between my toes.

There, tucked under some branches, two fawns sat quietly in the grass. I noticed they didn't seem to care about the rain. It didn't seem to impact their movements, one way or another. They didn't shake, resist, or cower, neither invigorated nor downtrodden. With that realization, all my thoughts melted away. I slowly crouched down to the ground. In that moment, as rain fell on our bodies, we just sat, sharing a space.

Deer glean rich information about their world through their powerful sense of smell, in a way that is hard for me to imagine. Their sense of smell is over 1,000 times more acute than our own. When I was a child, a hunter once told me that deer can distinguish a meat eater from a vegetarian. He would forego meat before a hunt so that deer would be unafraid. I decided in that moment to stop eating meat, in the hopes of walking peacefully amongst forest creatures.

Growing up in the forest, I watched deer using their senses of smell. They often pause, lifting their heads to the air, opening their mouths and taking in the surrounding air through their entire palate.

Most of our senses are routed around the brain for further processing; smell is the one sense that takes a direct route to the limbic system, the region also associated with emotion and memory. Certain smells can evoke a vivid memory, putting us right back in that moment. Our arousal and fight or flight response is almost instantly engaged through smell. Smell can also soothe us.

Though we humans tend to rely more heavily on vision, I pondered if I'd sensed the fawns before I could see them, whether it was smell which called me to peek beyond the trees. Whether our "gut sense" is often tied to smell.

Certainly, the fawns must have sensed me, my skin and breath offering information to those attuned to take it in. And perhaps, young as the fawns were to the world, those messages about my humanness hadn't yet been associated with fear.

Some moments blow past like dust in the wind, barely noticed. In that stillness, I was offered a powerful lesson from creatures so much younger than me. I can just be, even in the middle of a storm.

Closing your eyes and quieting your thoughts, what is one smell that you notice in this moment?

Katherine Munter is a clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Visit her online at CreativeLifeTherapy.com.

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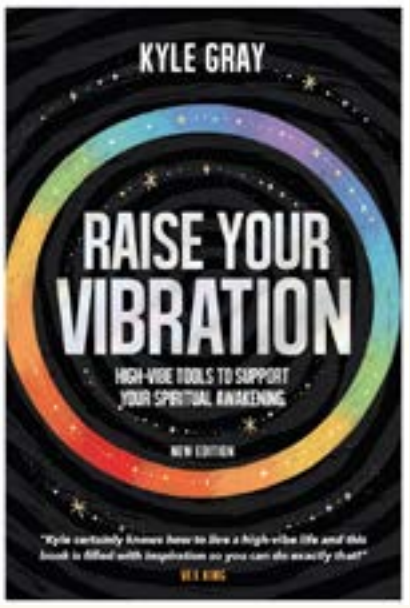
CW Book Picks *of the month*



Everything is comprised of energy, including you! You express energy in what you create, experience, and attract. Right now, the Universe is calling you to align your life to a higher energetic frequency, and at any given moment you have the opportunity to Raise Your Vibration. Let best-selling author Kyle Gray be your guide!

This new edition focuses Kyle's teachings into 77 essential healing practices, sharing inspiring affirmations, channeled wisdom, and energetic messages to help you awaken your divine connection and activate your light. You'll discover how to:

· Trust in the love and support of the Universe
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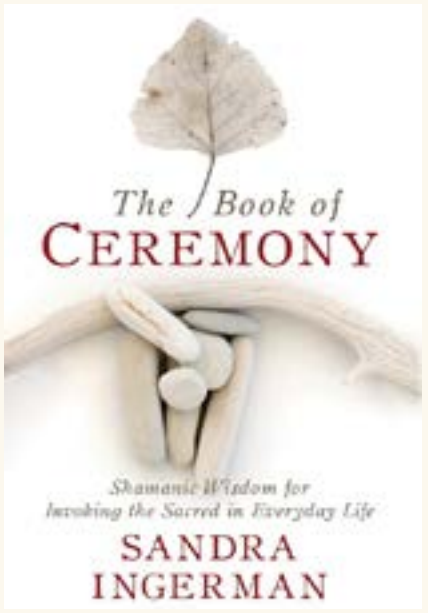
· Activate the flow of spiritual energy through your chakras
· Cultivate a daily spiritual practice with simple tools
· Attract positive experiences into your everyday life

"Raising your vibration is all about choosing to be that good vibe wherever you go. Essentially, it's about making the conscious choice to be the good you were born to be.The high-vibe life is a good life. That doesn't mean that everything's going to be rosy, but it does mean that you have tools and practices that you can use when you need them.

Purchase your copy of Raise Your Vibration at shopcrazywisdom.com



**We perform ceremonies to mark important events and celebrate holidays—yet our modern approach to ceremony only scratches the surface of its true potential. **
Weaving shamanic teachings together with stories, examples, and guiding insights, The Book of Ceremony explores:

• The elements of a powerful ceremony—including setting strong intentions, choosing your space, preparing ceremonial items, and dealing gracefully with the unexpected
• Stepping into the sacred—key practices for leaving behind your everyday concerns and creating a space where magic can happen
• Guidance for working alone, in community, and across distances with virtual ceremonies
• Invoking spiritual allies—the power of working with the elements, the natural world, ancestor spirits, and the creative energy of the divine
• Sacred transitions—including ceremonies for weddings, births, rites of passage to adulthood, funerals, honorable closure, and new beginnings
• Ceremonies for energetic balance—healing and blessing, resolving sacred contracts, getting rid of limiting beliefs, creating Prayer Trees, and more
• Life as a ceremony—how to infuse your entire life with ceremonial practice, from planting a garden to revitalizing your home or office to helping heal our planet

The Book of Ceremony is more than a "how-to" guide—it will inspire you to create original ceremonies tailored to your own needs and the needs of your community. When you invoke the sacred power of ceremony, you tap into one of the oldest and most effective tools for transforming both yourself and the world. As Sandra writes, "If you perform one powerful and successful ceremony for yourself, the principle of oneness ensures that all of life heals and evolves."

Purchase your copy of The Book of Ceremony at shopcrazywisdom.com

From award-winning actor and comedian Paul Scheer, a candid and hilarious memoir-in-essays on coming to terms with childhood trauma and finding the joy in embracing your authentic self.

Paul Scheer has entertained countless fans and podcast listeners with stories about the odd, wild, and absurd details of his life. Yet these tales have pointed to deeper, more difficult truths that the actor and comedian has kept to himself. Now, he is finally ready to share those truths for the first time—but, of course, with a healthy dose of humor.

Blending the confident, affable voice that has won him a dedicated following with a refreshing level of candor, Joyful Recollections of Trauma chronicles Paul's often shocking, admittedly tumultuous childhood and how the experiences of his youth have reverberated throughout his life. In his comedy, Paul has always been unafraid to "go there," to play naïve, cringeworthy characters, imbuing them with disarming charm and humanity. That daring openness is on display in the pages of this memoir, but in true Paul fashion, it is also surprising, eye-opening, and side-splitting.

In this madcap journey through the inner working of his mind and creative process, Paul Scheer demonstrates once again that the truth is often stranger—and funnier—than fiction. Joyful Recollections of Trauma offers a unique perspective on universal themes: growing up, working through a challenging childhood, staying true to yourself, and finding success, fulfillment, and happiness in often strange and difficult circumstances. Throughout, Paul shares both the hard-fought lessons and the laughter that can be found in the darkest parts of life, and reminds us that what matters is not what you've been through but who you are becoming. If you loved recent memoirs by Molly Shannon, Maria Bamford, RuPaul, and Jennette McCurdy—or any book that moves you to both laughter and tears—Joyful Recollections of Trauma is the perfect read for you.

Purchase your copy of Joyful Recollections of Trauma at shopcrazywisdom.com

What's New in the Community spotlight!

By Lynda Gronlund

Chelsea-based small-scale herb farmer, somatic practitioner, and local food advocate Emily Springfield is working on a new project: creating a collaborative of local small-scale medicinal herb farmers in order to increase access to high quality, locally grown herbs and provide income for those farmers and processors.

She is calling the project the Gathered Roots Herb Growers' Guild. 2025 will be a year of exploration, experimentation, and vision casting as a group of around six farmers begin to test the concept. Springfield explained that ninety percent of medicinal herbs are grown abroad. With supply chains disrupted first by Covid-19 and now by potential tariffs and international relations disruptions, as well as run-of-the-mill weather and shipping delays, the availability of herbs can fluctuate wildly. In addition, the costs of shipping both monetarily and environmentally add up. With current uncertainty around Medicaid, the CDC, and other healthcare institutions, she feels that the need for alternative medicines will only increase in the near future.

Many medicinal herbs grow well here in Michigan, and for the tropical herbs that would not grow here, she explained, there are alternatives that have the same effects. However, very few people are growing them for sale. She said that there is only one herb farm in the state that she would consider "commercial sized," and it is only farming one acre and is out of stock of many items frequently.

Access to land, she said, is not as much of a problem as she had originally thought, but there are other problems that do face would-be medicinal herb farmers.

One issue is that most people interested in growing herbs don't want to farm full-time. Farming is difficult work that can be hard on the body, and profit margins are slim. Most people are doing it as a part time endeavor or retirement project. They want it to be sustainable for their physical, mental, and financial health. Said Springfield of her own herb-growing endeavors, "It's nice additional income, but it's never going to pay my mortgage."

Another issue is that consumers want access to a large variety of small quantities of herbs, but it is difficult to grow a huge number of different plants on a given farm. Different plants grow well in different conditions: different levels of sun exposure and different types of soil. It is much easier to grow three or four kinds of herbs than 30, but potential customers generally don't have the time or inclination to source each herb they need from separate farms. Hobbyists growing for their own use tend to hit a "weird spot where you're growing way more than you can use in one year but it's not enough to open a store or possibly even support one herbalist."

Labor is also hard to come by. Harvesting and processing herbs—drying them, cutting them, crushing or powdering them, takes knowledge, skill, and physical effort, and the work is intermittent, dependent on growth cycles. Incorrect drying or processing can result in moldy, damaged, unsellable products. Equipment, like an undercutter, which makes the work of digging up roots much easier, is also expensive.

Finally, making others aware of the herbs one has for sale, and actually selling them, is also a lot of work. After all the labor of growing, harvesting, and preparing herbs for sale, a farmer may have to sell at farmer's markets or shows, or figure out how to set up a website, market themselves online, package and ship, among other tasks.

All of these issues can be addressed, Springfield believes, with collaboration. Expensive equipment can be shared or rented between farms. A single website where multiple farms can list what they have for sale can help customers find what they need without individual farmers feeling they need to grow everything. People who are interested in earning income through harvesting and processing herbs can create more steady work by rotating through several farms. Farmers can communicate and grow whatever grows best on their properties. Marketing, shipping, and other tasks will cost less when several farms are sharing those costs.

This year, Springfield said she and a few other farmers in Chelsea, Ypsilanti, and nearby areas are going to attempt a test run of the concept. Each farm will grow and process a pound or two or three different items that grow well on their specific land. Together, they will sell what they grow at the Great Lakes Herb Faire in Chelsea in November. "This will let us test things at a moderate scale," she said.

Anyone interested in getting involved with the Gathered Roots Herb Growers' Guild may fill out an interest form at the website, gatheredrootsguild.com. People interested in learning to harvest and process herbs on other people's land for income are especially invited to inquire. Emily Springfield can be reached via email at info@gatheredrootsguild.com.

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From Our Current Issue

A Traditional Yoga School Hiding in Plain Sight on Main Street:

An Interview with Angela Jamison

By Ashley Waddell Tingstad • Photos by Hilary Nichols

For the last 15 years, in the early morning between five and eight, the 200 block of South Main Street has filled with yoga practitioners who come and go before the town comes to life. It's a diverse group, ranging from those in their teens to those in their 80s, across all sorts of life situations and physical capacities. The yoga they practice is tailored to the individual. Depending on the person, the practice might include various physical asanas, breathing techniques, and meditations. What they all have in common is that they're all part of a school, and a community organization, called Ashtanga Yoga Ann Arbor.

Since its founding in 2010, this place has been known and discovered only by word of mouth. But in September of 2024, a small sign appeared on Main Street, tucked into the vitrine between the Pretzel Bell and Himalayan Bazaar—almost like a fairy door. The teacher there, Angela Jamison, chose this tiny glimmer of visibility after years of quiet, intense focus on just two things: sharing the yoga techniques from her lineage and building a grassroots community.

Then two months later, in November 2024, a major event massively increased her personal responsibility to share publicly about her lineage. Her teacher, Sharath Jois, died suddenly when they were hiking together with a group in the Shenandoah mountains. This interview shares a little bit about that transformation.

Ashley Waddell Tingstad: Can you describe what it is that you teach?

Angela Jamison: Yoga has so many approximations in English. Most are good; but all leave something out. For our method, which is a classical eight-limbed practice rooted in the teachings of T. Krishnamacharya, we just say that yoga is relationship. It's simple, but, taken seriously, it's vitally clarifying. I would say, transformative.

Applying the organizing principle of relationship to each facet of experience, and each choice on the path of a life, tends to help us move toward balance. The proposition that yoga is a practice of conscious relationship applies both within ourselves–because a human being is also a cluster of many intersecting relationships–and also across the many, many points of contact that one's life has with the greater world and cosmos.

Ashtanga yoga is usually thought of as a highly energized physical practice, done each morning as a way to frame our daily life as a yoga practice in itself. True, physical asana is one of the practices I do most days, and have done for nearly 25 years. But, this is just the most obvious entry point. A lot of what I've been taught by my teachers is about mindset, or how to create ritual through contacting sacred experiences each day, about navigating different phases of life like parenthood, professional advancement, or elder care.

I'm especially interested in practices that we can do when life gets hard—when we're tempted to fall into our unconscious patterning or paroxysms of suffering.

Yoga is *very* good tech in a world bursting with mental malware. I want everyone I work with to have a whole toolbox of techniques they can go to under stress, so that we can be at our best for others and for ourselves.

The acute stressors of these times are actually what prompted me to put up a sign on Main Street this fall after 15 years of allowing people to find our school through sheer coincidence or luck.

Our school had already held steady as a place to practice together through some really hard times. We met online or outdoors every day of Covid, for example, and went through the upheavals of 2016 in a way that turned hard times into grist for the mill of practice But it's not like the challenges are only in the past. Ashtanga is not a bypass or escape from these things. What I have observed in our broader world this past year, and what we might expect in the short term, is a crescendo in environmental and technological stressors. It's getting harder for humans to find peace inside ourselves and to be with others peacefully.

It's normal for this stress to lead our minds to distraction, delusion, and confusion. Sometimes we spin in place; sometimes we dissociate or even self-destruct. Ashtanga yoga was designed in stressful times too, and crafted explicitly to mitigate these states, slowly fostering discernment and discipline and genuine, non-theatrical, non-mawkish love within each practitioner.

This fall, after 15 years of sweet relationships with diverse students I meet through kismet, I felt a responsibility to be make our school just a little more visible. The inner peace part of yoga is real, and so is the outward peacemaking action it fosters in this world. There is a precise integrity in it, and sublimity. I see that now is a time to hold these methods in just a slightly less esoteric way than I have in the past.

Ashtanga yoga is usually thought of as a highly energized physical practice, done each morning as a way to frame our daily life as a yoga practice in itself.

Ashley Waddell Tingstad: Can you share about your teacher's death?

Angela Jamison: It was sudden. For decades, I have been planning for him to outlive me, as he was only 53. He had a massive heart attack while hiking with a group of his senior students in Virginia. I was holding his hand as he was leaving this world, and understood that he was at peace. It has helped many people to know that he had a year-long case of rheumatic fever that severely weakened his heart as a child.

For me, personally, it seems that being with him and a few treasured colleagues in his final moments has transmitted a peace that passes understanding. He taught so much, to hundreds of thousands through the world, in the time that he had. It is really something to have a teacher like that in life.

In the time that I have left, be it days or decades, I expect to be celebrating him and missing him each day as I teach. In that, I have never felt so alive. Now, the energy of his transmission of these methods to me feels more electric than a single person can ever be.

This is why I'd like to share about our shala, after all these years of operating under the radar, just a block away from the Crazy Wisdom bookstore. This method is intensely alive in Ann Arbor and has been for years.

Read the rest of the interview online!

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a free guide to local classes, workshops, and events

May through August 2025

The Crazy Wisdom Calendar

Calendar edited by Kaili Brooks

Art and Craft

Fiber Arts with Dzanc House • Thursday, June 12 & 26; July 10 & 24th; August 7 & 21 • 6 to 9:00 p.m. • Do you work in fiber arts? Want to meet with other artists who also crochet, knit, embroider, etc? Come on out to hang at Dzanc House and be in community as you engage in your work. We are a safe and inclusive space. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Day Studios for Local Artists and Writers with Dzanc House • Thursday, May 1 through Sunday, June 15 • Dzanc House is offering quiet and ample spaces for local artists and writers to work on their creative projects. Overnight accommodation is not provided. Offering includes access to all shared facilities (studio, gallery, kitchen, bathrooms) and event programming. Applications are open. Early bird special rate available for local artists! $100 per week or $375 for the month. For more information email Dzanc House at gallery@dzancbooks.org.

Figure Drawing with Dzanc House • June 4 & 18; July 2 & 30; August 13 & 27 • 6:30 to 9:00 p.m. • Practice drawing from life at Dzanc House. All skills are welcome! We recommend you bring your preferred drawing utensils and a sketchbook/large drawing pad. Model and light refreshments included. $10. For more information email Dzanc House at gallery@dzancbooks.org.

Collage & Chill with Dzanc House • Tuesday, June 10 & 24; July 8 & 22; August 5 & 19 • 6 to 8:00 p.m. • No theme. No agenda. Just collaging. Supplies are provided, but feel free to bring your own as well! Suggested donation of $5. For more information email Dzanc House at gallery@dzancbooks.org.

"Past the Woodland Edge:" Gallery Exhibition with Natalie Liu • Sunday, June 6 • 6 to 9:00 p.m. • "Past the Woodland Edge" is a fantastical and immersive multi-media experience featuring mobiles that tell stories—indicative of past folklore and inspired by multiple cultures; a gallery wall of creature portraits, each with different personalities; and sculptures that hint of a foreign environment that is novel, yet familiar. FREE. For more information email Dzanc House at gallery@dzancbooks.org

Westside Art Hop with Sophie Grillet • Saturday, June 7 from 10:00 a.m. to 5:00 p.m. & Sunday, June 8 from Noon to 5:00 p.m. • Art Hop is a quirky Ann Arbor event in which local artists and residents of Ann Arbor's historic Old West Side open their homes or studios to the public. Visiting artists share spaces on neighbors' porches, in garages, and on lawns. Attendees love seeing truly fine art created in many different mediums with free admission and no parking headaches. FREE. For more information contact Sophie at westsidearthop@gmail.com or visit westsidearthop.com.

"Up a Tree" & "Avidity:" Gallery Exhibition with Riyin Tocco & Ken Pendergrass • Friday, July 4 • 6 to 9:00 p.m. • "Up a Tree" will focus on the nuances of nature. All photographs were taken from climbed trees to maintain a balance of youthful creativity. There will also be a call for poetry to accompany the imagery. "Avidity" will showcase small sculptures inspired by Northwest Coast art, displaying the integrity, beauty, and craftsmanship of the art form. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

"Rites of Passage of Time:" Gallery Exhibition with Ginger Chase • Friday, August 1 • 6 to 9:00 p.m. • Tree ring growth. Ice formations. Interference patters in water. "Rites of Passage of Time" documents this phenomena with a specific purpose in mind: to highlight the resilience that exists in nature (and us) through multiple visual remnants of natural responses to trauma and change. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Book Events

Silent Sustained Reading with Dzanc House • Saturday, June 14; July 12; August 9 • 1 to 2:30 p.m. • A coveted time to simply focus on reading! Bring your favorite book, snack, or drink, and we will have space to spread out and enjoy reading in the company of others who also love to read. All peoples and ages are welcome. For more information email Dzanc House at gallery@dzancbooks.org.

Reading of *Te'ora: From Vulnerability and Wounding to Wisdom and Freedom* with Sharon Diotte • Thursday, June 26 • 6 to 8:00 p.m. • Sharon Diotte shares her powerful memoir, *Te'ora: from Vulnerability and Wounding to Wisdom and Freedom*. 'Te'ora' means "a beautiful new life." Her international journey of healing from sexual assault and domestic violence offers comfort and inspiration for women healing from trauma, and courage to create their own beautiful lives. FREE. For more information email Sharon at teoramemoir@gmail.com.

Author Discussion and Book Signing with Jason Mankey • Friday, June 27 • 4 to 6:30 p.m. • Mankey will be at Crazy Wisdom to introduce his new book *High Priest: Raymond Buckland, Father of American Witchcraft*, a biography featuring one of the first modern self-identifying Witches in the US, Jason Mankey invites you deep into Raymond Buckland's life. Known for bringing Wicca to America, Buckland wrote more than forty titles, placing him among the most prolific occult authors of all time. Free. For more information visitcrazywisdom.net/author-talks or email events @crazywisdom.net.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, June 1, 8, 15, 22, & 29; July 6, 13, & 20; August 3, 10, 17, 24, & 31 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, June 3, 10, 17, & 24; July 1, 8 & August 15 • 7 to 8:30 p.m. • In the Tibetan language, "Lam Rim" means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members; $100 for non-members. Give what you can, no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Wednesday, June 4, 11, 18, & 25; July 2, 9, 16, & 30. • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded and are available online only. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. FREE, donations welcome. For more information contact Jewel Heart

The Bodhisattva's Way of Life: Enthusiasm! With Demo Rinpoche • June 12, 19, & 26; July 3, 10, & 17 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This series focuses on chapter 7, enthusiasm. Cost to be determined. Pay what you can—No one is turned away For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • June 1& 15; July 6; August 3 & 17 • 6 to 7:30 p.m. • A group session of gentle, energizing, connected breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Ceremonies, Celebrations, and Rituals

Women's Goddess Circle with Chandra • Ongoing 3rd Wednesdays • 6:30 to 8:30 p.m. • A monthly meet up for Maven, Late Millennial, Gen X, and older women. Everyone is welcome but topics will center around these ages & stages. Topics center around: book suggestions, goddess study, cycles of life, seasonal crafting, intention setting activities, anti-fascist banter, connection, and more. FREE. For more information contact events@crazywisdom.net.

Liberation of Life with Zen Temple Priests and Dharma Teachers • Sunday, June 8 • 10 to 11:00 a.m. • In keeping with the Buddhist Precept "Do not harm, but cherish all life," the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. FREE, donations accepted. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Summer Solstice with Esther Kennedy • Friday, June 20 • 3:30 to 4:30 p.m. • Ritual Celebration. Strengthening our Commitment to Earth, this precious planet home. Come bring a friend and welcome summer. FREE. For more information contact the Weber Center at (517) 266-4000, or visit webercenter.org.

Children and Young Adults

May & June Littles Clubs with Leslie Science & Nature Center • Ongoing Wednesdays or Fridays • Explore the outdoors with the Little Naturalists Club for the months of May and June! Join our Littles Clubs (two and three-year-olds) community while we explore themes of Beautiful Bugs, Camp-Out, and Blowing Bubbles. All six weeks occur at the Leslie Science and Nature Center rain or shine. The program costs $250 and includes admission to the Ann Arbor Hands-On Museum each program day as well as snacks at every session. Enroll your child today and watch them become budding scientists and explorers of the natural world. For more information visit discoverscienceandnature.org.

Critter House Open Hours with the Leslie Science & Nature Center • Ongoing Weekends • Noon to 3:00 p.m. •Observe frogs, turtles, snakes, and more as they hop, crawl, and slither in their habitats! Our Critter House is the home to many species native to the region. It's a great way to get up close and personal with some adorable and unusual animals, all while developing an appreciation for the incredible diversity of the natural world. FREE, $5 suggested donation. For more information visit discoverscienceandnature.org.

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The Crazy Wisdom Calendar

Children and Young Adults continued...

Fireside Fun with the Leslie Science & Nature Center • Friday, June 20; July 18; August 29 • 6:30 to 8:30 p.m. • There's nothing quite as relaxing as sitting around a campfire and swapping stories! We'll provide a blazing outdoor campfire and roasting utensils—you provide the rest! Bring your family, friends, camp chairs, outdoor games, and anything else you need to create the perfect Michigan memory. Outdoor fires are held rain or shine (except for thunder and lightning), so come dressed for the weather. No registration required. FREE.

New Moon Night Hike with the Leslie Science & Nature Center • Friday, June 27; July 25; August 22 • 8 to 9:30 p.m. • Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit nocturnal animals to learn about how they survive. After the hike, we'll hear stories and poems inspired by the moon and enjoy a campfire. Pre-registration required. $5 per person, 2 and under free. For more information visit discovercienceandnature.org.

Critters Up Close with the Ann Arbor Hands-On Museum • Saturday, June 28; July 26; August 30 • Noon to 3:00 p.m. • Critters Up Close is back! This monthly series features live animals visiting from our Leslie Science & Nature Center site. On the last Saturday of each month, stop by the Ann Arbor Hands-On Museum from 12-3 p.m. to meet different animals up-close and enjoy a hands-on activity. Themes and animals change every month! FREE with paid museum admission. For more information visit discoverscienceandnature.org.

Buddhist Peace Camp with Zen Temple Priests and Dharma Teachers • Friday, July 25 through Friday, August 1 • Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective. Activities emphasize fun, mindfulness, cooperation and appreciation for animals and plants while seeking to balance structure and spontaneity. Per camper fee. Please inquire. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, June 7; July 5; August 2 • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

Death Café with Rev. Annie Kopko • Tuesday, June 3; July 1 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, but donations are gratefully received. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Merilynne Rush • Saturday, June 21; July 19; August 16 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

End-of-life Doula Training with Merilynne Rush • Wednesday, July 16, 23, & 30; August 6, 13, & 20 • 4 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving, addressing the whole person and their "family," and culturally and LGBTQ-sensitive care. $725; scholarships and payment plans available. For more information contact Merylinne at (734) 395-9660, email thedyingyear@gmail.com, or visit TheDyingYear.org.

Maple Street Studios

Join us on Saturday June 7th, for a Community Dance and Art Day @Riverside Arts Center

This event offers community and personal development and a warm space of joy and solidarity. Guests have the opportunity for new experiences in dance and yoga, socializing and networking, and a delicious potluck as attendees share their culinary arts. Everyone will be invited to learn a dance that travels around the world, the "Global Water Dance." The resource fair will include visual art demonstrations and time to talk with leaders of various community groups. Also there's an opportunity to enjoy dance music, and other performances, try out a yoga class, and enjoy a delicious potluck dinner. Suggestions are to bring chili, healthy snacks and baked goods to share in a community potluck reception.

Maple Street Studios was founded by Christina MArie Sears in 2018 and serves as a warm, welcoming space for yoga, dance and arts participatory activities such as lessons, workshops and social gatherings. MPS has functioned as supportive space for the Women's Caucus for Arts Michigan on a number of occasions, and is home to Christina, family members, and one cattle dog named Theodore.

Event Time 4-9 pm.
Social time and Resource Fair 5-6
Experiences and Performances 5:30-7:30
Potluck and Culinary Arts Contest, 8-9 p.m.

For more information contact:
Christina Marie Sears, MFA, MA and RYT 500
Maple Street Studios of Michigan, with Eastwest Somatics Institute.
Located at 418 Maple Street in Ypsilanti. Call
(734) 216-1375 or email christinasears8@gmail.com.

FB: @MapleStreetStudiosYpsilanti,@christinasearsetter
IG: @christinasearscreative

Drumming

14th Annual Drum and Dance Jam with Curtis Glatter • June 7; August 3 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition; relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum, or use one provided by the event. $5. For more information visit interfaithspirit.org.

Drummunity with Lori Fithian • Saturday, June 21; July 19; August 16 • 7 to 8:30 p.m. • Join us for drumming, singing, and maybe dancing. All ages welcome. This is a family friendly event with focus on fun, rhythm games, and community-building activities. No experience expected! Drums provided or bring your own. FREE, $5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Energy and Healing

Chi Kung (Qigong) with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays from 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. $215 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Brain Doodle Tune Ups for Groups Online with Debra Metler • Saturday, June 7, 14, 21, & 28; July 12,19, & 26; August 2, 9,16, & 23 • 11 a.m. to Noon • Brain Doodle Tune Ups utilize the healing power of doodling to reduce stress, improve cognitive abilities, increase creativity, and more. Your group of friends or relatives will enjoy doodling activities during a one hour, refreshing, online workshop with Debra Metler MSW, CHC. Minimum of 3 people/group workshop. $15 for each group member or workshop. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Debbie's Doodle Parties for Groups Online with Debra Metler • Wednesday, June 4,11,18, & 25, July 9,16, 23, & 30; August 5,12,19, & 26 • 8 to 9:00 p.m. • Debbie's Doodle Parties for Groups Online by Debra Metler MSW, CHC are a lot of fun and can help you keep your brain healthy at the same time. Each online Doodle Party is 1 hour long and full of interactive doodling activities, and more. Invite friends, etc. to party with you (minimum of 3 total). $15 for each group member/Doodle Party. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Gentle Qigong with Rory Walsh • Saturday, June 7, 14, 21, & 28; July 12 & 19; August 9, 16, & 23 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. Free on May 10! From May 31, $15 Drop-in, $95 for full term of seven classes. For more information contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Aura & Chakra Photography with Annette Schilz • Saturday, June 14 • 1 to 6:00 p.m. • Energetic readings are generated by the use of biofeedback software through the use of a hand sensor which converts this data into a detailed representation of the aura colors, chakras, and other energetic readings. You'll receive a 4x6 photo of both your current aura and chakras, with a brief color/chakra description to take with you. $35. For more information contact Annette at (517) 605-9720, email contact@wholisticconnection.com, or visit WholisticConnection.com.

Festivals and Fairs

Enlightened Soul 2-Day Holistic Psychic Fair with Amy Garber and the Enlightened Soul Center • The Weekends of June 7 & 8, 21 & 22; July 12 & 13, 26 & 27; August 9 & 10, 23 & 24 • Saturday from Noon to 6:00pm, Sunday from Noon to 5:00 p.m.• We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! What a great way to explore a variety of readings and healings at one time, under one roof. Plus, energy healers, shopping, FREE snacks & parking. You choose the session length. Readers: $2/minute, 15-minute minimum. Entrance fee, Saturday $5, Sunday $3. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Lavender Harvest Festival with Joe Pusta • Saturday, July 12 from 8:00 a.m. to 4:00 p.m. & Sunday, July 13 from Noon to 4:00 p.m. • Lavender festival featuring U-PICK lavender, 50+ artisans, food trucks, live music, lavender lemonade, 100+ lavender products made on our farm. $10. For more information contact Joe at Joe (734)239-2213, email lavenderlanemi.com, or visit joe@lavenderlanemi.com.

Japanese Bon Festival at Cranbrook #MIBON2025 with Great Lakes Taiko Center • Sunday, August 10 • 1 to 5:30 p.m. • A Michigan community celebration of the Japanese Bon Festival featuring Bon Odori folk dancing and demonstrations, Japanese Taiko drumming and music, and cultural booths for all to enjoy at the historic grounds of the Cranbrook Japanese Garden in Bloomfield Hills, MI. FREE. For more information contact Great Lakes Taiko Center at (248) 773-8899, email gltc@greatlakestaiko.org, or visit michigantaiko.net.

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By Michelle A. McLemore

It's a Midsummer Night's dream
of gossamer sheen
with fairy-kissed dew drops
on foxglove and greens.
Maidens don dresses
that float on the breeze
and lads bow and caper
leaping bonfires to please.

To the table each comes
bearing parcels with care:
meat, sweets, and soup from their lairs.
For it's time to break bread,
It's time to share wine.
It's time to laugh loudly, rejoice in the vine.
It's time to step lively joining hand in each hand,
And time to bless unions, for the fruit of the land.

June heralds not only MidSummer and Summer Solstice, but the romanticized joy of outdoor excursions, lake visits, forest bathing, gardening, and not to be forgotten—picnics. I'll admit, I was a young romantic. How do I know? A wicker, woven basket with dish set, tablecloth, and napkins was one of the first items I put on my wedding registry when I was barely out of my teens.

Reading aloud, watching clouds, juggling apples, throwing a frisbee, holding hands, watching wildlife, sharing heart songs, secrets, and dreams all seemed tender ways to become more deeply acquainted or share the joy of light-hearted, airy wistfulness with uncomplicated friends. And just out of the picture, of course, is a tree swing (magically present) along with a babbling brook and steppingstones to the greenscape and apple trees on the other side. The temperature would be temperate, the sun warm but pleasant, a light breeze, of course requisite (to keep the flies at bay). And just for a little while, we'd see only birds, clouds, and butterflies in the sky—no planes, nor vapor mists or banner advertisements trailing behind.

Is it too much to ask? Then perhaps, we keep it simple. Let June be the revival of basic, but beautiful reconnecting through communal meals, sincere conversation, light-hearted humor, and non-techie time. Getting back to the basics helps us reconnect with the best of our pasts.
The term "pique-nique" first arose in France in 1694. It was an elaborate, indoor affair but each guest brought food or drink to contribute. Conversation and wit was expected. Then, the elaborate table settings were moved outside to the gardens and mosaic patios.

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By the 1800s and the advent of bicycles and trains, the countryside became accessible to all social classes. The grime and wear of the Industrial Revolution moved people to escape to the countryside, fresh air, and a spell of natural rhythms in contrast to the pounding of cogs, grease, and stuffiness of factories and poor-ventilated offices. The idea of putting a few buns, fruit, and possibly wine into a basket and finding a green knoll to sit upon appealed to many. And finding a patch of raspberries or blackberries? Ooh, now you are talking about a joyful mini adventure. This idea of a "moveable" feast tickled even the primmest of Victorian manners.

The Smithsonian published an article on picnics in 2023. Worldwide post pandemic there was a resurgence of picnicking interest for all economic classes. Some businesses added a scavenger hunt element to pick up ingredients from merchants along the way.

At minimum, you must invite a few friends (new or old). As a potluck or stone soup revival, each friend should bring sustenance to share. (Charcuterie items to combine keep it simple, varied, and finger-picking ready.) Pack your sense of humor, sense of adventure, and optimism and then let the magic begin to swirl around you all for the afternoon. Lacking human companions at any time, do not discount the endearment of birds, squirrels, ducks, and the trees. They may not bring food to the picnic, but they will offer what they can in their own way, and you should picnic even if you are the only one to sit upon the blanket.

If you are out of practice, you may find the following pointers helpful:

- Before laying down a jacket, blanket, tablecloth, or sheet, check for ant hills. They won't like you blocking the sun nor will you like it when they come to complain.
- Keep the food light on your stomach and fresh as possible. Limit sugary drinks which draw bees.
- Pack a spare bag and glove to pick up trash. Be responsible. Whatever you pack in, pack it out. And if some trash has blown into your vicinity, just add it to your pile to pack out. Do not let it disturb your joy with judgement.
- Observe which visitors come to check on you. Any birds? Dragonflies? Ants? Ladybugs? Chipmunks? The Fae folk and elementals may also be observing.
- Wear loose clothing. Let the air circulate and let yourself "lounge." We breathe and think differently when we sit relaxed without fearing judgement from others or ourselves. A picnic is not the time to worry about whom to impress. It is a time to unravel the tight bodices and straitjackets we don during the work week.
- Throw blankets or wraps can double as derriere cushions or headrests.
- If you are blessed with cumulous clouds, what do you see in them?
- Browse for and pick up fallen leaves, spent flower petals, twigs, or stones to create a yantra or mandala to leave in nature.
- If going in the evening, consider taking lavender, basil, lemongrass, rosemary, or citronella oils or candles. Catch fireflies and release. Make a wish on the first star or planet you see.
- Before departing, gift loose-leaf tobacco, small cake bits, or fresh water at the base of a nearby tree or grassy mound with gratitude for all of the nature elements nearby who allowed your respite there.
- And of course, if you have a friend who has bee, grass, or ant allergies, best to have a first-aid kit with you. (Suddenly the picnic idea may not seem so simple, yet, preparation can calm nerves so the afternoon of delight does not devolve into a disaster.)

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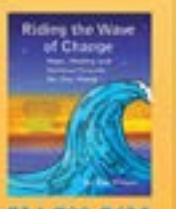

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Picnic, If You Please continued...

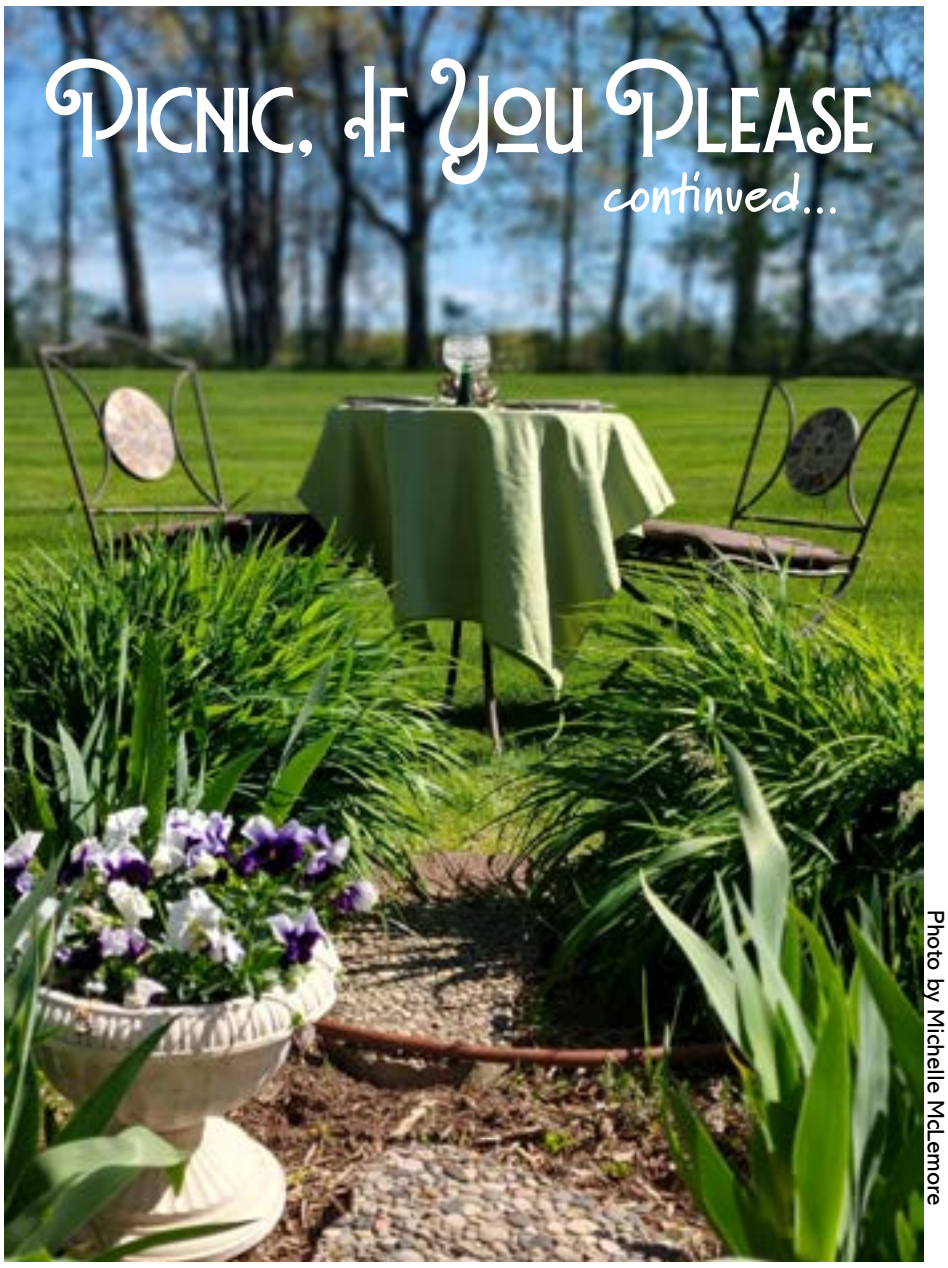

Photo by Michelle McLemore

Review movies, literature, poetry, art, and undoubtedly, the picnic motif will be observed. It is even found in our music and games. The musical score for "Teddy Bear's Picnic" was composed in 1907 by John Walter Bratton. Lyrics were added in 1932 by Jimmy Kennedy, and it became a popular children's song and adult earworm. Perhaps you are humming it now?

Corporate workshops and classrooms use the picnic theme as ice breakers and name memorization hooks. Does the following sound familiar?
"My name is Michelle and I'm going on a picnic. I'm going to take Marzetti. Would you like to come? If so, tell me your name and what you'll bring," the host says to the next person in line. However, what the invitee decides to bring will dictate if they will be allowed to join.

Sam may reply, "My name is Sam and I'm going to bring bread." In this case the host would wring her hands sadly and reply with something like, "Oh how unfortunate, but we don't have a need for bread at this time. I'm sorry, you may not come."

The play continues until folks figure out, the accepted, are ones who vow to contribute something that starts with the same letter as their first name. If being used as a memorization game, the food rules are clarified up front and after stating what you will bring, you must repeat what everyone prior to you has said (their name and what they will bring.)

Still, the focus is to create a gathering in which each will contribute—giving from their heart and their store. Hospitality, sharing, communal gathering, appreciation… it sounds like a rare phenomenon that should be turned into a more frequent practice. You can go to a state park, a nature reserve, or a shore, but don't underestimate the value of a simple sit on your balcony, front steps, lawn, or a sidewalk bench nearby.

I once envisioned how delightful a wedding anniversary would be to celebrate with a large family picnic. Now that I'm a bit older, and getting up and down is a little more challenging, I can see putting up a few folding tables on the front lawn and throwing on tablecloths.

For a midmorning brunch, friends and family could bring breakfast or lunch items. The sun wouldn't be too high nor too strong. In southern Michigan there is typically a slight breeze. There'd be lawn enough for grandkids and great grandkids to cavort freely or wander past the flower beds observing textures and colors. The Carolina Wrens would scold them and chitter if they delayed too long near their nests. Neighbors might walk over to share a toast. The porch would offer shade, cushioned chairs, and a swing to rock ever so slightly while still being near enough. And you know, just down the hill is a plethora of blackberries just waiting for someone adventurous at heart.

Perhaps, I won't wait until my anniversary. Perhaps…excuse me. I have a few invitations to send.

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Lou Weir, Diamond Approach Teacher
diamondworkmichigan@gmail.com
diamondworkmichigan.org

THE DIAMOND APPROACH

The Crazy Wisdom Calendar

Film

Free Film & Discussion with Jewel Heart Instructors • Friday, June 13, July 11, & August 8 • 7 to 9:15 p.m. • FREE, concessions available. Film schedule is as follows:

- June: Soul. Joe is a band teacher whose life hasn't gone the way he expected. When he visits another realm, he discovers what soul really means.
- July: Perfect Days. Hirayama cleans toilets, but he notices and appreciates small wonders -- the sun, sunlight, and children laughing.
- August: Hidden Figures. Three African American mathematicians help an astronaut launch into orbit while dealing with discrimination.

For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Herbal Medicine

Herbal Medicine Series with Mary Light • Saturday, July 19 through December • 9:30 a.m. to 4:30 p.m. • Hands on experiential teachings of herbs, herbal medicine, body systems, apothecary skills, and more. $1,500. For more information contact Mary Light at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Holistic Health

Steiner Health Life Force Intensive Health Retreat with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Monday, July 21 at 1 :00 p.m. through Saturday, August 2 at 11:00 a.m. • The Steiner Health Life Force Intensive Retreat is a two-week session designed for people with a variety of ailments, chronic illnesses or anyone seeking a restorative regimen. The cost is $5300-$7200. For more information contact Mara Gibson, (734)222-1491, steinerhealth@orders.org, https://steinerhealth.org/retreat-center/retreats.

Steiner Health Summer Internship Program with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Tuesday, August 5, trough Sunday, August 10 • The Steiner Health Summer Internship Program is designed for students aged 18-30 who are invested in learning about anthroposophical medicine, nursing care, therapies, nutrition, lifestyle, biodynamic agriculture, and community building. Interns will work at a variety of settings serving low-income patients, putting what they have learned into practice, according to their interests and abilities. We will be joining existing service organizations in southeast Michigan. $75 application fee, program is free. For more information contact the Steiner Health Center at (734) 663-4365, email rshc@steinerhealth.org, or visit steinerhealth.org/retreat-center/internship-program/.

Intuitive and Psychic Development

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, June 3; July 1; August 5 • 7 to 8:00 p.m. • For Women Only: Meditation concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, June 1; July 6; August 3 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing, as well as a new level of mental clarity and spiritual openness. $15, see website for payment information. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Summer Intensive: Webinar & Teleconference with John Friedlander • Thursday, July 17 & Friday, July 18 from 7 to 9:00 p.m., Saturday, July 19 & Sunday, July 20, from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission or instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsycholcogy.org.

Meditation

Community Sound Bath with Rob-Meyer Kukan • Friday, June 6; July 11 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow, etc). $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, June 7; August 2 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. $35.00, Lunch included. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Meditation on Compassion with Khenpo Tshering Chophel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, June 2, 9, 16, 23, & 30; July 7, 14, & 28; August 4, 11, 18, & 25 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, June 1, 8, 15, 22, & 29; July 6, 13, & 20; August 3, 10, 17, 24, & 31 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Day of Meditation with Carol Blotter • Saturday, June 7 OR August 23 • 9:00 a.m. to 4:00 p.m. • Experience some peace and calm in a wooded setting with silent sitting and walking in a meditative manner. Meditation instruction available. Suggested Donation of $30-60; pay what you can. Event held at the Michigan Friends Center, 1125 Long Lake Road, Chelsea. For more information email manager@mfcenter.org.

Music, Sound, and Voice

Live Music Fridays with Stuart Benbow • Ongoing Fridays • 7:30 to 9:30 p.m. • Live Music in the Celestial Lounge at Crazy Wisdom Bookstore hosted by Stuart Benbow. New acts every week! Everyone welcome, donations requested. For more information email events@crazywisdom.net.

Sound Bath Meditation with Michelle Camilleri • Thursday, June 5; July 3; August 7 • 6:30 to 7:30 p.m. • Immerse yourself in sound bath therapy with 432hz crystal singing bowls and other sound tools at Up Stairs at Crazy Wisdom. Will promote deep relaxation while fostering a sense of well-being. Bring a yoga mat, blanket, pillow, and eye mask. $30. For more information follow @soleful77 on Instagram, text (917) 842-2409, email michelle.camilleri26@gmail.com

Open Mic with Dzanc House • Thursday, June 19; July 17; August 14 • 6 to 8:00 p.m. • Share your poetry, short stories, or songs at Dzanc House! Open Mic is a monthly time of sharing and caring for one another in a meaningful way. FREE. For more information email Dzanc house at gallery@dzancbooks.org.

Singing for Comfort with Layla Ananda • Friday, June 12; July 10; August 14 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience necessary. FREE, but donations are gratefully received. For more information visit interfaithspirit.org.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, June 14; July 12; August 9 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person and on Zoom. Schedule is as follows: Julie Beutel (May 10), Mary & Eric Fithian (June 14), Relics of the Future Past (July 12), Ken Kazora Quartet (August 9) $10. For more information contact the Interfaith Center for Spiritual Growth at interfaithspirit.org.

Release & Renew: A Sound Bath Experience with Martina Smith • Sunday, June 15 & 29; July 13 & 27; Aug 10 & 24 • 6:30 to 7:30 p.m. • Unwind and discover inner peace through the transformative power of sound. Immerse yourself in the soothing sounds of crystal bowls, gongs, binaural beats, curated frequencies, and more. These harmonious vibrations will promote deep relaxation and restoration, guiding you toward balance and inner harmony. In-person or on Zoom. $20 on Zoom, $30 advance discount, $40 at the door. For more information contact Martina at (313)406-7928 or email info@wellnessandsound.com.

Community Sing with Matt Watroba • Wednesday, May 14; June 11 • 7 to 8:30 p.m. • You don't need to be a good singer (whatever that means), you just need to have a love for it. Donations are gratefully received. For more information contact Interfaith Center for Spiritual Growth at interfaithspirit.org or visit mattwatroba.net.

A Gift of Song with The Threshold Singers of Ann Arbor • Sunday, June 1 • 4 to 5:15 p.m. • Experience loving song wherever you are in life's journey. As you sit or recline, the Threshold Singers share peaceful, soothing music to bring you comfort and support in meeting life's challenges. We then invite you to quietly sing along to a few of our songs. Please arrive before 4 p.m. to park and settle in. FREE, donations appreciated. For more information contact the Threshold Singers at (734) 531-7960 or visit thresholdchoirofannarbor.org.

Solstice Celebration: All Night Puja with 7 Notes Natural Health • Saturday, June 21 from 9:00 p.m. through Sunday, June 22 at 7:00 a.m. • A sound bath is a powerful tool for self-healing. A Puja is a deep all night sound bath meditation. Created by Rob Meyer-Kukan, Deanna Bordeau, and Lauren Hoffman, a puja consists of multiple consecutive sound bath sessions and lasts around 10 hours total. $125. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Flower Sound Bath with Rob Meyer-Kukan • Friday, August 1 • 7 to 8:30 p.m. • Celebrate the beauty of flowers with this flower themed sound bath! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. This collaboration is done with Ypsilanti's We Adore Flowers. $45. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intro to Sound Therapy Workshop with Rob Meyer-Kukan • Saturday, August 23 • 10 a.m. to 4:00 p.m. • In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy (specifically Himalayan singing bowls, crystal bowls, and gongs), and the applications for group and individual use of sound therapy. $325. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Nutrition and Food Medicine

An Evening with Local Author Gaia Kile • Wednesday, June 4 • 7:00 p.m. • in the Crazy Wisdom Upstairs Lounge • Kile is a widely known Family Nurse Practitioner, Former Board President of the Peoples Food Co-op, and Community Activist, who has been for decades a leader in Ann Arbor's holistic medicine, sustainability, healthy food/nutrition, cooperative living, personal growth, Non-Violent Communication, and political activism subcultures in the region. His newly published book, *Menu of Hope – Alternatives to the Food that is Destroying Our Planet*, will be featured. The evening will be a dynamic Q+A with longtime Crazy Wisdom co-owner, Bill Zirinsky, and with the audience, about Kile's book, about his journey through the decades, his current beliefs and concerns, and his vision for ways forward amid political volatility and climate change denialism. FREE.

Nutrition Evangelism with Valerie Thomas • Thursday, June 19; July 10 & 24; August 7 & 21 • 7:30 to 8:30 p.m. • Explain the role of specific nutrients that enter the body when a given food is consumed on health and healing. Single person $10; Couple $17; Triple $40. For more information contact Valarie at (734) 351-8892 or email ChE4theEarth@gmail.com.

Peace

Peace Generator with Craig Harvey • Friday, June 20; July 18; August 16 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. Donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com.

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The Crazy Wisdom Calendar

Personal Growth

Pearls of Wisdom with Master Wasentha Young • Monday, June 2; July 7, August 4 • 6 to 7:30 p.m. • Hosted by the Peaceful Dragon School, the first Monday of the month starting in May. We will start each session with Peaceful Dragon Rising Stretches respectively followed by a focus presentation in the following topics: Center, Cleanse, Revitalize. Master Wasentha Young; This Energy Body - Acupuncturist Abby Humphrey; Shadow Work for Liberation - Priestess Mara Evenstar; and Community Activism in 2025 - Anna Gersh. Donation driven - suggested $10. Location: 1945 Pauline Blvd., Suite B, Ann Arbor, MI 48103. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

The Epidemic of Loneliness with Mindy Rodriquez • Wednesday, June 11 • 12:15 to 1:00 p.m. • In today's hyper-connected world, loneliness has emerged as a silent epidemic. This presentation will look at some of the causes; how to identify its presence, especially in the young and the elderly, and offer some actionable steps to foster more meaningful connections in their own communities and lives. $10 lunch included; Free if you bring your own lunch. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Lunch & Learn: The Amazing Outreach of Goodwill with Rebecca Melina • Wednesday, July 16 • 12:15 to 1:00 p.m. • Do you think Goodwill is just clothing? Think again! Rebecca Melina, from Goodwill, will amaze you by all the good things that Goodwill does! $10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

A Practical Guide to Healthy Aging with Marianne Fahlman and Esther Kennedy • Tuesday, August 12 • 9:00 a.m. to 2:00 p.m. • Join Marianne Fahlman, OP and Esther Kennedy, OP as they share their learning on taking care of our bodies and our spirits. The day will include staying physically healthy, lessons on nutrition, and ways to reduce stress and increase mindfulness. Weather it's for yourself or for someone you're caring for, you will be glad you came. $35 includes lunch; scholarships available. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Lunch & Learn: There's Nothing Like a Good Massage! With Savvy Boyd & Kendra Crombez • Wednesday, August 13 • 12:15 to 1:00 p.m. • Massage Therapists will describe different massage therapies and their many benefits. $10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Reiki

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, July 12 from 10:00 a.m. to 5:00 p.m. & Sunday, July 13 from 10:00 a.m. to 1:00 p.m. Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, August 2 from 10:00 a.m. to 4:30 p.m. & Sunday, August 3 from 10:00 a.m. to 1:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) $500. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Reiki Certification Training with Ashley Crawford and Paula Burke • Sunday, August 24 • 9:00 a.m. to 6:00 p.m. • Reiki Level 1 students are led through a step-by-step discovery of the practice, beginning with the concept that we are all capable of moving toward a state of balance and wellness. Reiki Level 2 training continues our learning tradition of lecture, discussions, self-treatment and clinical practice with classmates and the community. Level 1 $177; Level 2 $177; Both for $333. For more information contact Ashley (734) 444-8386 or email ashley.keymassage@gmail.com.

Retreats

The Nature Pilgrimage with Rooted Goddesses and Nature Spirits with Mary B Seger NP PhD • Friday and Sunday, June 20 and 22; July 18 and 20; August 15 and 17; September 19 and 21 8:45 a.m. to 4:00 p.m. The pilgrimage in Boyne City, Michigan begins by choosing one of the seven contemplative site you would like to visit. At six of the sites there are three Rooted Goddesses or Nature Spirits. Each one has a story and questions for you to contemplate and journal. You will spend an hour with each one. One site is a comfort spot, where you will have time contemplate your life. As you sit in the contemplative sites you will be considering what you want to release from your life and what you want to bring in to your life. $150. In Boyne city, MI. For more information contact Mary Seger at mary@maryseger.ne, or visit www.maryseger.net.

3 Day & 4 Day SW Lake Michigan Holistic Yoga and Meditation Retreats with Ann Arbor Yoga and Meditation • Thursday through Sunday, July 17 through 20; & July 31 through August 3 • Our small group 3-Day and 4-Day retreats are for beginners and pros. Double room and some single room accommodations, vegetarian meals, and guided daily group classes are included in cost. Three-day retreat is $559, four- day is $749. Registration deadline ends three days before start date. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Cosmic Journey: Implications for Faith with Sharon Zayac • Sunday, May 18 through Thursday, May 22 • This retreat will be a time for input and reflection on our evolving story as humans and as people of faith. Delving into the unfolding Cosmic Creation Story offers us the opportunity to explore new insights into our faith, our understanding of sin, and the meaning of Jesus in our lives. Commuter: $180; Double Occupancy: $280; Single occupancy: $380; Continental breakfast included. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Overnight Beginner's Zen Retreat with Ordained Dharma Teachers • Friday, May 23 & Sunday, May 24 • Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. An overnight stay at the temple and breakfast is included. Cost is $160/$120 unwaged. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

The Heart's Journey: Meditative Techniques for Cultivating Compassion for Self and Others with Khenpo Tshering Chophel • Friday, July 18 through Sunday, July 20 • In this retreat you will learn visualizations and contemplations to further develop your capacity for compassion. Research shows that increasing compassion for yourself and others brings many health benefits and increases happiness and resilience. This retreat will benefit anyone who helps others at work, school, or home. $225 includes meals; optional overnight accommodations additional. No one turned away for lack of funds. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

One Day Retreat with Dharma Teachers • Saturday, August 9 • 9:00 a.m. to 5:00 p.m. • Unplug from media, put aside "to do lists and follow your urge to meditate, just sit. The schedule includes periods of sitting meditation, walking, mindful work practice, rest, and simple stretching with a delicious vegetarian lunch at midday. $50 (members) $60 (nonmembers). For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, June 5 & 19; July 3 & 17; August 7 & 21 • 7 to 8:30 p.m. • Shamanic group journeying for personal discovery and inner work. Required: basic journeying skills, which are not taught in these sessions. Apply to attend by emailing info@JudyRamsey.net. Held online via Zoom. $25 per session or $40 per month. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, August 10 • 10:00 a.m. to 5:00 p.m. • This 6-hour class includes Power Animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Class is in-person. $80 until two weeks before; $100 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, June 21 & Sunday, June 22 • 9:00 a.m. to 3:00 p.m. • Shamanic journeying is an easy tool to access spiritual information. Learn to develop a self-directed practice of empowerment, so you can move safely through the world in a balanced way. Meet a power animal who wants to help you in your life. This class is prerequisite to advanced shamanic studies. Class is taught via Zoom. $180 per person, $90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Resources for Conscious Living

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The Crazy Wisdom Calendar

Healing with Spiritual Light with Connie Lee Eiland • Saturday, June 21 from 10:00 a.m. to 6:00 p.m. & Sunday, June 22 from 10:00 a.m. to 4:00 p.m • In Healing with Spiritual Light, we become the Light. We transfigure. This class brings in quantum physics as we work with the unlimited powers of the universe and the Law of Resonance. This method doesn't see the client as ill. Class created by Sandra Ingerman. $200 until June 7; $230 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday and Sunday, July 19 & 20, from 9:00 a.m. to 5:00 p.m. • Advanced online class with a limit of 6 persons. Deepen understanding of illness and how one's spirit helps the body thrive or not. Focus is on power loss and extraction of misplaced energy. Explore ways to identify and heal illness. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. Class taught via Zoom. $300 per person, $150 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Ancestors & Descendants with Conne Lee Eiland • Saturday, July 19 from 10:00 a.m. to 5:00 p.m. & Sunday, July 20 from 10:00 a.m. to 4:00 p.m • Ancestors and Descendants investigates our connections to our Circle of Ancestors and Descendants in ways that impact our health and wellbeing and those who follow us. This class includes journeys, sacred art, healing, and ceremony. Cycles of Life is a prerequisite. $200 until July 5; $230 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday & Sunday, August 2 & 3 • 9:00 a.m. to 4:00 p.m. • Enhance your relationship to wild animals as well as to your own companions. Learn to communicate with animals the way they communicate with each other telepathically. Discover and deepen your intuitive skills step-by-step in a supportive environment. Class is via Zoom. $180 per person, $90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Shamanic Healing for Animals II with Judy Liu Ramsey • Tuesday, August 5, 12, 19, & 26 • 7 to 9:00 p.m. • Deepen your shamanic techniques working with animals' ancestors and the elements for conditions like dementia. Psychopomp and grief/loss for animals will be covered in depth. Pre-requisite: Shamanic Healing for Animals I. The class is taught via Zoom. $325 per person, $160 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Spiritual Development

A Water Pilgrimage: Transforming Your Life, and the World through Water with Amanda Anastasia • Wednesday, June 11 OR Saturday, August 9 OR 16 OR 23 • 9:00 am to 4:00 p.m. • Water is waiting for your prayer. If you are looking for deep, sustainable transformation in your inner and outer world, the crystal-clear water of Northern Michigan is calling. This retreat will take place in the Sleeping Bear National Lakeshore. We will engage in earth-based ceremonies designed to create a New Earth. The world is lovingly ready. $160/day, lodging not included. For more information contact Amanda at amahessling@gmail.com.

Prayer As A Journey Through States Of Consciousness with Dana Ganihar and Baruch Brenner • Tuesday, June 17 • 8:00 a.m. • A two day retreat exploring prayer as a model for living. We study a new, and at the

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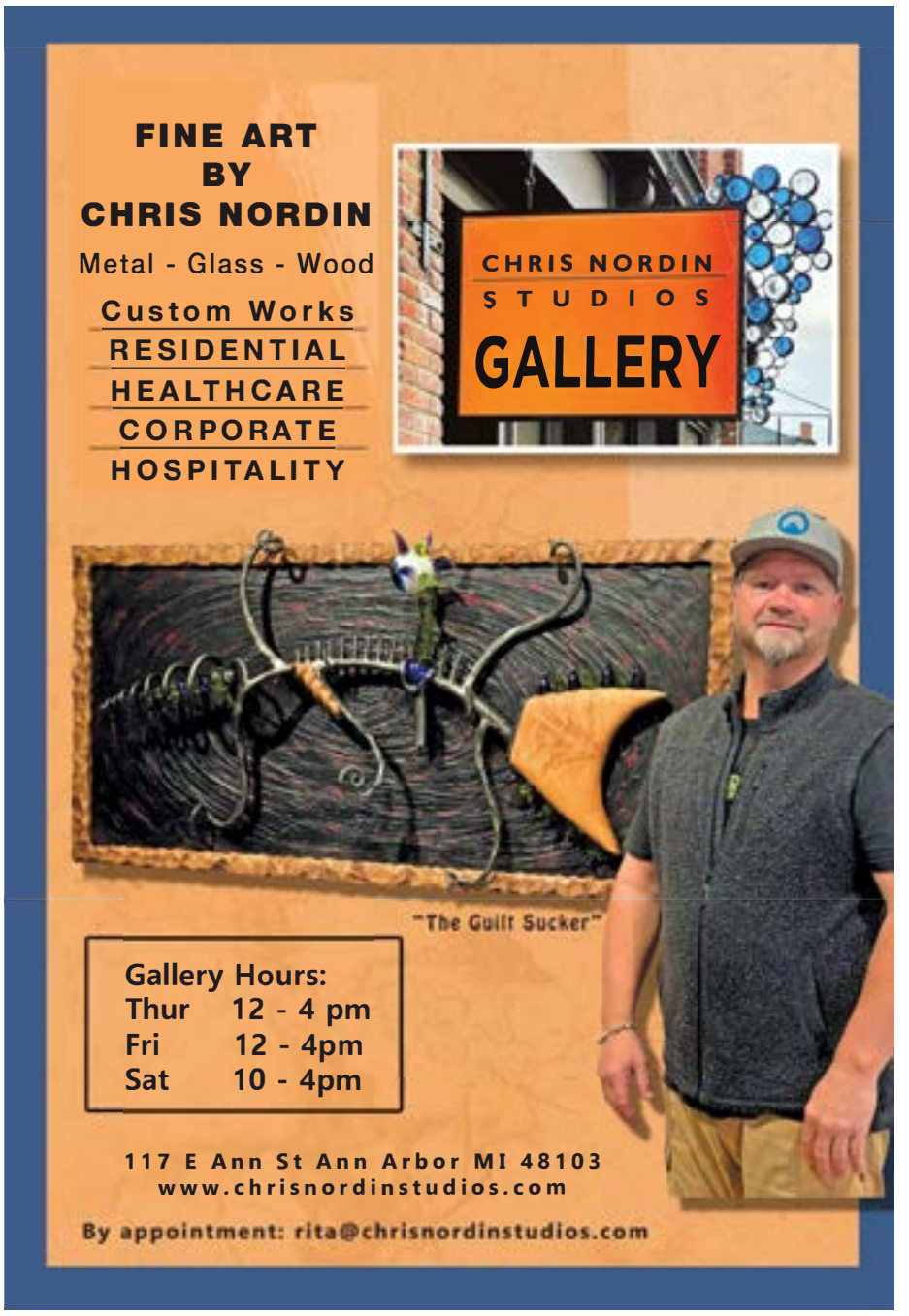

Contributed by The Cancer Support Community of Greater Ann Arbor

The Cancer Support Community of Greater Ann Arbor in Partnership with the University of Michigan Health Rogel Cancer Center to Recognize Cancer Survivors and Raise Awareness on National Cancer Survivors Day® – June 1st, 2025

June 1, 2025, will mark the 38th annual National Cancer Survivors Day® Celebration of Life.

Ann Arbor, Michigan – National Cancer Survivors Day® is Sunday, June 1st. On this day, people around the world will unite to recognize cancer survivors, raise awareness of the ongoing challenges these survivors face because of their disease, and – most importantly – celebrate life.

To commemorate National Cancer Survivors Day®, Cancer Support Community of Greater Ann Arbor has partnered with The University of Michigan Health Rogel Cancer Center to host a Cancer Survivors Day Celebration. It is a celebration for anyone who has been impacted by cancer to connect with others and honor milestones in their journey.

"Despite its challenges, life with and after cancer can be beautiful and joyous," says Bonnie Dockham, Executive Director of the Cancer Support Community of Greater Ann Arbor. "You will find our community's National Cancer Survivors Day® celebration filled with hope, camaraderie, and compassion as we honor cancer survivors, their loved ones and health care providers."
This free event will welcome all survivors, caregivers and loved ones. It will feature exhibits on survivorship issues, a formal program with a keynote speaker, entertainment, food, drinks, and door prizes. This local event is part of a worldwide celebration coordinated by the National Cancer Survivors Day® Foundation. A cancer survivor is defined as any person from the moment of diagnosis through the remainder of life. In the U.S. alone, there are more than 18 million cancer survivors. By 2030, the number of cancer survivors in the U.S. is projected to increase to 22.2 million.

As the number of survivors continues to grow, it is becoming ever more important to address the unique needs of this population. In addition to facing a serious illness, cancer survivors must contend with rising drug costs; inadequate insurance coverage; difficulty finding or keeping jobs; and ongoing physical, emotional, and financial struggles that can persist even after treatment ends. Considering these challenges, our community must stand with these survivors on National Cancer Survivors Day® and make a commitment to lessening the burden of cancer survival.

The Cancer Survivors Day Celebration is open to the public on Sunday, June 1st, 2025 from 12:30pm-3:30pm and will be held in the Morris J. Lawrence Building on the Campus of Washtenaw Community College (4800 E Huron River Dr, Ann Arbor, MI 48105).

Visit cancersupportannarbor.org/survivorsday for more information.

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same time, ancient, type of prayer consciousness - a pristine state that lacks any theology and allows for personal transformation. Prayer has been perceived as a religious duty. Now we explore it as a way of creating existence. We learn to become prayer. For more information contaact Email Milagros Paredes at prayerasjourney@gmail.com. Learn more at livingthewonder.com.

Become an Ordained Minister in the Order of Melchizedek with Rev. Daniel Chesbro • Sunday, June 29 • 1 to 5:00 p.m. • As an ordained priest, you will be able to perform legal weddings, baptisms, funerals/ memorials, sacred rituals, and ceremonies. Those who do healing work, energy work, body work, or intuitive readings/counseling may wish to become ordained, as a form of legitimacy and protection and as a statement of their spiritual path. $199. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Sustainable Living Skills

Ypsi Farmers Market with Growing Hope • May Through October • 9:00 a.m. to 1:00 p.m. • Join us at the Ypsi Farmers Market! All season long, we're bringing the community together with a series of vibrant events celebrating local entrepreneurs, culture, food, and fun! From empowering young business owners to honoring heritage and connecting people with resources, there's always something special happening. Special events: May 3rd- Opening Day; May 17th - Children's Entrepreneurial Market; June 21 - Juneteenth Celebration; July 26th - Community Resource Fair; Aug 9th - Food Safety Event/ Mid-Summer event. FREE. For more information visit ypsimarkets.info.

Internship at Strawbale Studio with Deanne Bednar • Full Month of July • A unique opportunity to experience a variety of natural building skills while living on-site at Strawbale Studio. Classes and hands-on: foundation, round pole framing, strawbale walls, earth plaster and cob. Enrichment: thatching, foraging, pizza in the earth oven and more! Some partial-pay work trade available. $1250 or $950 paid 1 month in advance. Includes room and board. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Learning Tour at Strawbale Studio with Deanne Bednar • Saturday, July 13 from 10:00 a.m. to Noon OR Saturday, August 23 from 1 to 3:00 p.m. • Tour the Strawbale Studio and other enchanting natural buildings with thatched and living roofs, strawbale walls, earth plasters, and sculptures! See rocket stoves, earth oven, mushroom garden, and more. Ask lots of questions. $20. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Rocket Stove Outdoor Cooker Workshop with Deanne Bednar • Saturday, June 14 •1 to 7:00 p.m. • Construct a very useful outdoor Rocket Stove Cooker, and enjoy the veggie soup we make on it. Also, meet the earth oven and rocket mass heater and see a demo of a solar oven and insulative cooking. The cooker is the basic combustion unit of a Rocket Stove. $50. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Forage & Craft Workshop with Deanne Bednar • Sunday, July 13 • 1 to 5:00 p.m. • Forage materials and learn several traditional skills: cording from dog bane and day lily, wreath-making or dream catcher from vines, and a sweetgrass braid from the land. We can learn from our human traditions of honoring the earth, reweaving ourselves into nature. $35. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Full Month in June or August • An enriching opportunity to live and contribute onsite at Strawbale Studio, helping with the grounds, natural buildings, and infrastructure, while also being taught sustainable living skills. Nature, purpose, contribution, learning! Includes basic room and board. 30 hours of work trade a week. No fee. Room, board and enrichment in exchange for help. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

The Joy of Spoon Carving: Workshop with Deanne Bednar • Saturday, August 16 • 10:00 a.m. to 5:00 p.m. • Learn to safely and effectively use several tools to make a spreader knife and simple spoon. We will harvest the wood from the land that day. You can take home extra wood to continue your whittling. Whittling kits with a sloyd and hook knife will be available to buy ($15 - $40) so you can go home and keep carvin'! Bring your own bag lunch. $65, some scholarships available. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Eco Cooking Workshop with Deanne Bednar • Saturday, August 23 • 4 to 7:00 p.m. • See and experience a number of cooking devices at Strawbale Studio! Cook a meal on the outdoor rocket cooker. Heat some food in the solar cooker. Use the insulative cooker, see the earth oven and learn a few other "hot" cooking tips! $45. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Tai Chi, Martial Arts, and Self Defense

Beginning Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $215 for the semester. For more information contact Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Ch'uan with Joe Walters • Ongoing Mondays & Thursdays from 5 to 6:00 p.m. OR Saturday from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • Sunday, June 1, 8, 15, 22, & 29; July 7 6, 13, & 20; August 3, 10, 17, 24, & 31 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in: $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Tarot and Divination

Tarot Reader Dr. Mari Ziolkowski • Ongoing Wednesdays • 2 to 7:00 p.m. • Highest Guided Meditative Tarot card readings, light language channeling, healing, and clearing, as well as herbal healing divinations. 10-minute, 1 Question, 2-Card Readings for $20. Otherwise, $2/minute; 30-Minute Minimum. For more information contact events@crazywisdom.net.

Tarot & Oracle Readings with Nina McDermott • Ongoing Fridays • 2 to 8:00 p.m. • Reading a combination of Tarot and/or Oracle cards, Nina uses her intuitive gift to take a deep look into a situation, relationship, or question, offering you unique perspectives for insights and positive change. Readings range from $20 to $65. For more information contact Nina at nina@seeseehealing.com, visit seeseehealing.com, or email events@crazywisdom.net.

Oracle Readings with Dr. Suzy Adra • Ongoing 1st, 2nd, and 3rd Saturdays• 11:00 a.m. to 3:00 p.m. • You will gain insight about your most urgent or pressing dilemma or question in addition to clarity and guidance on what to do moving forward. $3 min./15 minute minimum. For more information contact events@crazywisdom.net.

Intuitive Readings with Marcella Fox • Ongoing Last Weekend of the Month• Noon to 3:00 p.m. • Marcella Fox has over 20 years of experience doing intuitive readings. $20 for first 15 min. $1 per min additional. For more information contact events@crazywisdom.net.

Tarot 101 with Nina McDermott • Saturday, June 7; August 2 from 12:30 to 2:00 p.m. OR Wednesday May 7; June 4; July 2; August 6 from 6 to 8:00 p.m. • Class will cover history and basics of Tarot and how to start doing readings. Learn the differences between Tarot and Oracle decks and experience using cards to connect to your intuition while also getting a multi perspective reading. We end with a 30-minute clinic to practice, discuss, and share knowledge with others in the community. $45. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Community Tarot Clinic with Nina McDermott • Saturday June 7; August 2 from 2 to 2:30 p.m. OR Wednesday May 7; June 4; July 2; August 6 from 8 to 8:30 p.m. • This 30-minute Tarot clinic is immediately following the Tarot 101 class and is open to anyone. Join us in this 30-minute Tarot clinic, where you can practice reading, discuss experiences, and share knowledge with others in the community. A $5 donation is suggested for those not attending the Tarot 101 class. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Writing and Poetry

Summer Writing Intensive at Dzanc House • Sunday, July 13 through Saturday, July 26 • Get personalized feedback on your work in a supportive, one-on-one workshop environment with professional authors, poets, and writers! And, have your manuscript reviewed by Editor-in-Chief and Publisher at Dzanc Books, Michelle Dotter. Room and board provided in our beautifully renovated space. Between $1,100-1,250. For more information contact Charlene at residency@dzanchouse.org or visit dzanchouse.org.

Yoga

Deep Centering Class Outdoors or In the Park with Ann Arbor Yoga and Meditation • Ongoing Tuesdays • 4:45 to 5:45 p.m. • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization, and meditation. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Nidra & Meditation Class with Ann Arbor Yoga and Meditation • Ongoing Wednesdays • 11:00 a.m. to Noon • This class will address the whole person, cultivating a state of relaxed awareness to help one become more objective and present, resulting in decreased stress, anxiety, and depression, improved quality of life, and a higher state of well-being. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

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Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

Work-Exchange and Volunteers Program
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118
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Crazy Wisdom Poetry Circle

Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

June 25 - Anita Skeen is the author of six volumes of poetry, including collaborations with visual artists such as *The Unauthorized Audubon* (2014), a collection of poems about imaginary birds accompanied by the linocuts of anthropologist/visual artist Laura B. DeLind. A professor in the Residential College of Michigan State University, Anita is director of its Center for Poetry.

July 23 - John Jeffire is the Detroit author of two novels and three poetry collections. His novel *Motown Burning* won the 2005 Mount Arrowsmith Novel Competition and the 2007 Independent Publishing Awards Gold Medal for Regional Fiction. In 2022, his novel *River Rouge* won the American Writing Award for Legacy Fiction. His recent poetry collection is *A Temple for Tomorrows*.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

The Crazy Wisdom Calendar

Yoga for Anxiety Course with Ann Arbor Yoga and Meditation • Ongoing Thursdays • 4:30 to 5:30 p.m. • Classical Yoga for Anxiety program will be taught. Audio and excellent text available to develop your home practice and improve your health and well-being. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Meditation Self-Care Course with Ann Arbor Yoga and Meditation • Ongoing Sundays from 11:00 a.m. to Noon OR Wednesdays from 8 to 9:00 a.m. • Each class will provide a whole body deep, yet gentle and meaningful workout, total relaxation, a great variety of breathing and meditation techniques to inform and inspire stress-less and healthful lifestyle. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Hatha Yoga with Samantha Lieberman • Thursday, June 5, 12, 19, 26; Jul 3, 10, 17, & 31; August 7, 14, 21, & 28 • 9:15 to 10:15 a.m. • Sam Lieberman has been practicing yoga since 1988. She received teacher trainings in Yoga Fit and Yoga Medics. Yoga Medics is a medical model approach with emphasis on alignment and therapeutic needs. Drop in, $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Friday, June 6, 13, 20, & 27; July 11 & 18; Aug 1, 8, 15, 22, & 29 • 9:15 a.m. to 10:15 a.m. • Experience the how, why, and importance of stretching! Drop-in - $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Toddler Yoga with Courtney Fitzpatrick • Saturday, June 7; August 2 • 8 to 8:45 a.m. • We're excited to bring back Toddler Yoga to the Yoga House! Parents/guardians, dust off your yoga mat and join us with your active little cutie. We'll be playing games, trying out some yoga poses, read a yoga-related book, and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. $25 (or included in membership). For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Self-Care Sunday For Women with Courtney Fitzpatrick, Penni Jones, & Lynnea Harris • Sunday, June 1; August 3 • HIIT Happy, Pulse Nutrition, and Verapose Yoga are collaborating for a super fun event, and we'd love for you to be a part of it! Includes: a 30-minute Interval Workout, 30-minute Yin (gentle!) Yoga with Guided Meditation, a 30-minute Nutrition education while you enjoy a protein shake, and time for gathering/sharing as a community at the end. $45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Yoga Classes with David Black • Tuesday, June 3, 10, 17, & 24; July 1, 8, 15, 22, & 29; August 6 • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Cost is $60 for six sessions or $12 per drop-in class. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

Yoga for Pride with Aubrey and Art Schupbach • Sunday, June 8 • 9:30 a.m. to Noon • Join us for our 5th annual Yoga for Pride event at Riverside Park in Ypsilanti, MI. This is a donation-based yoga community event that also hosts a mental health resource fair. All donations go to support Michigan nonprofits Stand with Trans and the Michigan ACLU. $25. For more information visit zionwell.com.

Healthy Aging Series with Jennifer Lenders • Saturday, June 14; July 12; August 9 • 4 to 6:00 p.m. • Join Jennifer Lenders, C-IAYT Yoga Therapist, for our monthly Healthy Aging Series. This series, focused on various subjects from learning to calm the mind, to healthy joints to a focus on the wellbeing of the heart, is designed to teach students techniques to feel good and age well. All ages welcome! $40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Seasonal Flow Yoga: Uniting Yoga & Ayurveda Through the Seasons with Sue Whitmarsh • Saturday, June 21 • 2 to 3:30 p.m. • Seasonal Flow Yoga is an innovative practice that aligns yoga, breath, and meditation with the energy of each season. By focusing on the season's dominant bio-energy and personal qualities, we develop self-awareness and connect with nature. Each session concludes with a chant and a seasonally appropriate snack or beverage. $30. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

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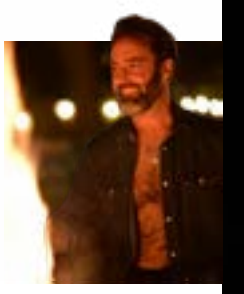
Dan DeSena is a psychotherapist and embodiment coach with over 17 years of experience. He creates powerful spaces like *The Circle of Embodied Men* to help men heal, grow, and thrive.

Embodied Practices: Tap into your body, emotions, and purpose.

Connection: Build authentic relationships with like-minded men.

Healing: Break through barriers holding you back.

Actualization: Align with the most empowered version of yourself.



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3384 Washtenaw Ave, Ann Arbor, MI

Time: Wednesdays, 8:00 PM - 10:00 PM
~Twice Monthly~

Upcoming Dates:
May: 5/7, 5/21 • **Jun:** 6/11, 6/25 • **Jul:** 7/9, 7/30
Aug: 8/13, 8/27 • **Sep:** 9/10, 9/24 • **Oct:** 10/8, 10/22

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VegMichigan,VegFest
at Detriot Farmer's Market

The State's Largest Plant-Based Event at Eastern Market on Sunday, June 1, 10:00 a.m. to 4:00 p.m.

VegMichigan is hosting its 24th annual Spring VegFest. As the interest in plant-based eating continues to grow, so does VegFest as 10,000 attendees are expected. This event provides individuals with an exciting opportunity to taste the best plant-based food that Michigan has to offer. Admission is free.

This is a family-friendly event overflowing with food trucks, restaurants, and specialty food items. Plus, free cooking demonstrations and presentations on a wide variety of topics in the field of plant-based living, which kick off at 10:30 a.m. and continue throughout the day. Attendees can also enjoy free food samples, complimentary massages from Irene's Myomassology Institute, eco-friendly shopping, and a chance to learn about local nonprofits that are making a positive difference in the community. There are engaging activities for kids, low-cost face painting, and a free coloring book to take home.

With delicious food and a welcoming atmosphere, everyone is sure to have a wonderful time. Whether someone is completely new to plant-based eating or a longtime vegan, they will have a wide variety of dishes from which to choose. There are healthy options such as acai bowls and salads; comfort foods including burgers, coney dogs, empanadas, and pizza; plus sweet treats such as cinnamon rolls, donuts, pies, cannolis, and pastries. And so much more!

Tom Progar, VegMichigan's President says, "Come out for a fun afternoon and learn why so many people are adding plant-based meals to their diet".

Eastern Market is located at 2934 Russell St, Detroit, MI 48207. There is plenty of free parking. The event takes place in Sheds 5 and 6, right next to Eastern Market's Sunday Street Market.

The Spring VegFest is made possible by the event's generous sponsors: Achatz Handmade Pie Company, CO Sustainability, Good Cakes and Bakes, Hodo Foods, Irene's Myomassology Institute, Radical Plants, The Kitchen by Cooking with Que, The Old Shillelagh, Toi's Caribbean Baking Co., Vedged Out! Food Truck, Vegano Italiano, and Zella's Bakery.

For more details, visit vegmichigan.org. Follow updates on FB and IG @VegMichigan, or contac: Tom Progar at (248) 867.2155, or by email at tom@vegmichigan.

Ann Arbor Holistic Resource Guide
Find a practitioner of holistic health, bodymind therapy, Buddhism, personal growth, spiritual development, and much more...
If you are a practitioner or business owner, list your business for free in our online guide!
Healing Awaits at AnnArborHolistic.com
Questions? Email annarborholistic@crazywisdom.net

CRAZY WISDOM

Friday Live Music

June

6th Songwriter Round: Stuart Benbow hosts McKayla Prew, Joe Jarvis & Cesar Aquino

13th Mike Gentry

20th Lewie Austin

27th Bekka Madeleine

7:30 - 9:30pm

114 S Main St. Ann Arbor

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

7 Notes Natural Health
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

Now delivering to spots in Brighton, South Lyon, and Royal Oak too!

Then followed that beautiful season...summer...
filled was the air with a dreamy and magical light;
and the landscape lay as if new, created in all the freshness of childhood.

Henry Wadsworth Longfellow